Butter bean salad

Ingredients
- 1 tbsp coconut oil
- 1 white onion, finely chopped
- 1 garlic clove, crushed
- 200g quinoa
- 600mls vegetable stock
- 1 large can butter beans or lima beans
- 2 handfuls spinach
- 1 handful mint
- 1 lemon, zested
- 1 tsp chilli flakes

Making it
1. Wash the quinoa in a sieve. Add stock, pinch of salt, pepper and quinoa to a pot and bring to the boil. Turn heat down to a simmer and cook for 12 minutes approximately.
2. Heat coconut oil in a large pan
3. Heat oil in a large frying pan and add onion and a pinch of salt. Cook for 2-3 minutes and add chopped garlic. Add onion and garlic to quinoa.
4. Wash the butter beans and allow to thoroughly drain. Add to the quinoa along with the spinach. Be careful the mixture doesn’t burn so add more water if needed.
5. Zest the lemon, chop the mint leaves and add to the mixture along with the chilli flakes.
6. Remove from the heat and serve with a squeeze of fresh lemon.

Recipe adapted from http://madeleineshaw.com/recipes/quinoa-spinach-butter-bean-stew/